Selbstwirksam ohne Schmerz
Sustainable Concept for Work Related Upper Extremity Disorders

INITIAL INTERVIEW
PRISM, Yellow Flags, Blue Flags, 10 Dimensions OTIPM

1–2 WEEKS — approx. 3-4 Interventions

OCCUPATIONAL THERAPY
Calming Down

Basic Assessment
- Video analysis of work-place/daily routines
- Weekschedule analysis
- Workstyle question-naire

Assessment Plus
For further specific evaluation
- COPM, WRI, values-compass, functional assessments etc.

PHASE 1

DEFINE 5 FACTORS BASELINE

GOAL SETTING

3–6 MONTHS — approx. 6-15 Interventions

OCCUPATIONAL THERAPY
Increase Occupational Performance

Work
- Facilitate Communication
- Workplace coaching
- Ergonomic coaching

Interprofessional Coaching
- Movementanalysis
- Psychology
- Physiotherapy
- Fitnesscoaching etc.

PHASE 2

RE-EVALUATION

TERMINATION: GOAL EVALUATION